



# Positivity and Relaxation Training (PART) Program

*Making self-care an integral part of your daily health and wellness*

This 9-week program will help you develop a self-care routine to help manage stress, improve your outlook and enhance your quality of life. You will learn:

- How to recognize their personal responses to stress
- Meditative techniques that elicit the relaxation response
- How to change thought patterns and emotional outlook to adaptive and positive perspectives
- Techniques to improve sleep, eating and physical activity
- Ways to harness creativity, humor and appreciations to cultivate positivity and personal wellbeing

PART is a copyrighted curriculum developed by the Benson-Henry Institute for Mind Body Medicine (BHI) at Massachusetts General Hospital.

*Contact us about program  
availability and pricing.*

*Individual and group options (up  
to 15 per group)*

*Virtual and in person availability*



*Offered by*

**Tara Jones, MPH, CPT, CRM, TSY, TIWL**  
*A Certified PART Provider*

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